

EDITORIALS
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The International Body Psychotherapy Journal **Editorial, Volume 11, Number 1, Spring 2012**

This inaugural issue of the *International Body Psychotherapy Journal: The Art and Science of Somatic Praxis* is the culmination of a 10-year dream and a lot of hard labor on the part of many. Beginning in 2002 as the *US Association for Body Psychotherapy Journal*, Robyn Burns and I didn't really know what we were volunteering for. In a board of directors' meeting I volunteered to edit it and Robyn said she would figure out how to produce it. We were off! At first, garnering articles was like pulling teeth, but as the years went on, more and more higher quality submissions appeared for us to choose from.

Then, a few years ago, I realized that, although I had really enjoyed doing it alone, it might be interesting to investigate the possibility of a joint journal with the EABP. The failure of that possibility in 2001 was what had catapulted me into doing the USABPJ, but I wondered if we could go back and pick up some of the pieces. I had long been a member of EABP, taught frequently in Europe, attended EABP conferences and gotten to know some of the board and committee members. I liked them and thought they would be stimulating to work with. Jill van der Aa and Courtenay Young were particularly encouraging and insightful about the idea of a joint journal, but it began to become a reality at the Vienna Conference, when I met with Jill, Lidy Evertsen (incoming president of EABP) and others who were interested in the project. In her inimitable way, Jill made it happen and has continued to do so ever since.

I had seen the contents of the USABPJ as well as the number of submissions evolve over the past ten years from a narrower focus on the modalities represented in the USABPJ to inclusion and integration of affective neuroscience, mindfulness, relational psychoanalysis and attachment and trauma theory.

Both psychoanalytic and neuroscientific literatures are frequently cited. Themes such as mirror neurons, mindfulness, the I-Thou relationship, the autonomic nervous system and the right brain vs. the left brain, the role of awareness, polyvagal theory, and chaos theory are utilized and integrated. This evolution will, I am sure, be augmented by the cosponsorship of the EABP.

Body psychotherapy is no longer on the fringes of psychology and psychotherapy. Neuroscience has built a bridge. As our field continues to expand, the *International Body Psychotherapy Journal* can broaden the horizons of body psychotherapists and those interested from other fields by disseminating original theory, qualitative and quantitative research, experiential data and case studies as well as comparative and secondary analyses and literature reviews from clinicians and researchers practicing in all health care fields. It is our task to reflect, define and validate body psychotherapy. We must continue to push the edges of our field as suggested in the following challenge from Larry Dossey, quoted by Mike Denny, in IONS Noetic Science Review, June-August 2002, just a decade ago:

In REINVENTING MEDICINE, Larry Dossey MD speaks of three eras in the history of healing. Era I is characterized by our conventional, causal, deterministic approach of statistical, empirical science as it has been applied to healing methods since the seventeenth century. Era II involves the inclusion of mind-body phenomena such as found in psychosomatic and various alternative techniques. This era postulates that the mind has causal powers of healing within individual human beings....They try to explain mind-body healing in terms of psychoneuroimmunology, skin galvanometer readings, or endorphins and other proteins

circulating in the bloodstream, then they subject psychosomatic healing to techniques of standard, double-blind, statistical, clinical studies.

In other words, although acknowledgment of mind-body phenomena is an advance in the care of the sick, it does not constitute a true shift of either consciousness or paradigm. Era III medicine attempts to include the strange discontinuities of quantum physics within healing methods. Proponents of Era III medicine focus upon the nonlocal, action-at-a-distance qualities of quantum particles as providing a rationale with which to support the theory that healing can occur between individuals at a distance.... (p.20)

Phenomena such as the resonance between therapist and client, non-verbal communication, etc., have been inaccessible to measurement by hard science with an Era II approach. We must begin to recognize the self-organizing complexity of psychological systems, taking into account chaos and catastrophe theory, and the emergent possibilities of human beings and nonlinear dynamic systems.

As Joop Valstar, writes so movingly in *Panta Rei*, our cover reflects these aims. We are fortunate that Joop not only designed the cover, but was able to secure an original and especially meaningful piece of artwork to adorn it.

We have also been gifted with an unusually varied group of submissions.

In *Gliding On the Strings That Connect Us, Resonance in Relational Body Psychotherapy*, Asaf Rolef Ben-Shahar concludes his four-part series on The Relational Turn and Body Psychotherapy, begun in the US Association for Body Psychotherapy Journal Volume 9#1, 2010, and continued in Volume 10 #1 and #2, 2011, which have examined the points of contact between body psychotherapy and relational psychoanalysis. This final article is a concrete representation of the link between the International Body Psychotherapy Journal and its predecessor, the US Association for Body Psychotherapy Journal, from which it has evolved. In it Rolef Ben-Shahar borrows from psychoanalysis, Jungian analysis and shamanic traditions to illustrate modes of action in both personal and case examples.

Maurizio Stupiggia explores a frequent symptom of trauma survivors in *From Hopeless Solitude to the Sense of Being-With: Functions and Dysfunctions of Mirror Neurons in Post Traumatic Syndromes*. His articulation of the intricacies involved in the treatment of early relational abuse is highlighted by excerpts from a moving case of a young woman he treated.

In *Anxiety and Panic in Reichian Analysis*, Genovino Ferri explores his chosen topic from etymological, historical, diagnostic, epidemiological, and ontogenetic perspectives concluding in a “Tree of Fear” which he utilizes as an organizing principle in the Reichian Analytic treatment of the various constituents of fear, panic and anxiety. He explores the interconnectedness of fear and anxiety and points out the significance of the effects of fear over a lifetime in the limits it imposes on individual freedom of thought and action.

Stanley Keleman, in *Forming an Embodied Life: The Difference Between Being Embodied and Forming an Embodied Life* elucidates the possibilities available to human beings to resolve cortical emotional organismic dilemmas by either relying on inherited responses or utilizing voluntary muscular influence and the formative dynamic to initiate what he terms an “evolutionary upgrade”. Reminding us of what neuroscientists are particularly fond of pointing out, that we act before we think or feel (bottom-up processing), he recommends voluntary muscular effort, voluntary morphogenesis, as a source of personal and collective wisdom of knowing.

In *Organismic Self-Regulation in Kurt Goldstein's Holistic Approach*, Luigi Corsi engages in a close historical analysis of the evolution of Kurt Goldstein's concept of organismic

self-regulation, which was central to the thought of Wilhelm Reich and is now, characterized as affect regulation or emotion regulation, at the forefront of both neuroscientific research and a host of contemporary mind-body treatments. Articles such as this contribute to the understanding of the historical continuity of body psychotherapy and its relationship to other evolving psychotherapies.

When the Therapist is Aroused, Sexual Feelings in the Therapy Room, by Merete Holm Brantbjerg is the most straightforwardly clinical article in this issue. In it, she addresses a frequently expressed concern of psychotherapists and particularly of body psychotherapists, about how to handle and contain their sexual feelings in the psychotherapeutic interaction as they explore feelings, impulses and thought patterns within the ethical boundaries of the treatment situation. She elaborates specific psychomotor exercises, which she characterizes as “gender skills”, to promote awareness and comfort on the part of the clinician when exploring this very important aspect of human relatedness.

And finally, we have a pilot study from an outpatient practice reported by Ralf Vogt in *What Disgust Means For Complex Traumatized / Dissociative Patients*. Utilizing a questionnaire they designed and administered to 71 patients in their psychotherapy practice, he and his colleague found that those suffering from complex psychological trauma tended to suffer more from symptoms of disgust than other client groups and that these people also found it more difficult to overcome. The study, reported in detail here, raises a number of hypotheses regarding this hitherto neglected emotion. He points out that it often exacerbates existing aggressive behavior and shame and can usually only be relieved after considerable treatment in a body-oriented setting.

I hope you will enjoy the considerable range of offerings in this issue: theoretical, clinical, research, historical: examples of the richness inherent in our field. Please note that all abstracts have been translated into as many languages as we have been able to find translators, and these appear on the EABP and USABP websites.

Many midwives have helped to birth this inaugural issue, especially the members of the Editorial Committee. Jill van der Aa and Christine Hayes have done so much to propel this Journal forward that I would not know where to start listing their accomplishments. And Elizabeth Marshall has worked tirelessly translating Journal documents into German and German articles into English as well as encouraging submissions from German authors. Along with Christine and Jill, I have come to rely on her advice and good judgment. When he could spare time from proofreading and indexing his forthcoming magnum opus, which has recently been translated into English, Michael Heller has also contributed his wisdom and energy. Nancy Eichhorn, editor of *Somatic Psychotherapy Today* has been an unusually thoughtful and informed consultant for many of the issues facing professional publication. Every member has been unfailingly responsive and supportive, even when other personal and professional deadlines loomed. And, Courtenay Young has given generously of his experience in publishing, which far exceeds that of the editor, making multitudinous suggestions which have vastly improved the content and appearance of the *IBPJ*.

Each article submitted is reviewed blind by three peer reviewers. They have been generous in not only critiquing but also mentoring authors. This is an important aspect of the peer review process, and I hope it will encourage submissions from people who have written little or not at all before this.

And, we are looking forward to making use of our august Advisory Board in the very near future.

Jacqueline Carleton, Ph.D.
May, 2012
New York City

The International Body Psychotherapy Journal
Editorial, Volume 11, Number 2, Fall/Winter 2012

Research in the field of psychotherapy, of which body psychotherapy is a subset, has been a theater of contention virtually since its inception. Which has more validity: clinical observation or scientific validation? Can the two be married? How? And, to whom are these arguments addressed: the scientific community at large, psychotherapists of all kinds, or government agencies and insurance companies which to a great extent shape the existence of many practitioners' professional lives? Amidst the growing urgency of these issues, both the EABP and the USABP have active research/scientific committees committed to exploring these and many other issues.

The first three articles in this issue were recipients of USABP and EABP research awards; their publication honors the renewed interest in research on the part of both organizations. The EABP has a newly formed Scientific Committee headed by Herbert Grassman, which presented an impressive post-conference symposium at the EABP Cambridge Conference in September of this year. This committee, along with FORUM members and members of professional organizations within EABP, selected the winners of the research awards. (Ms. Shalit's is the only one presently in English and we are pleased to present an abridged version of it in this volume.) Similarly, the USABP's research committee, under the enthusiastic and capable leadership of Jennifer Tantia, selected recipients of a research award in addition to a student research award. These were presented at the USABP Conference in Boulder this past August. One of the qualifications for the awards was that the articles be in a form publishable in this journal.

In the excerpt from her dissertation published herein, Rachel Shalit, recipient of the 2012 EABP Student Thesis Award, examines possible roles for altered states of consciousness in body psychotherapy. Drawing on research from diverse fields, she considers whether the inclusion of altered states of consciousness in the therapy process may, in fact, increase its efficiency. Utilizing both theory and published research, she attempts to bridge the narrowing gulf between rigorous scientific inquiry and spiritual experience.

Winner of the 2012 USABP Alice Ladas Research Award, Gary Glickman, gathered a focus group of body-centered psychotherapists familiar with Relational Somatic Psychotherapy to explore their experience of gender role-playing. In his article, he surveys the relevant literature before describing his methodology and the results from the group's experiences in an effort to alert us to how clinicians may unwittingly participate with patients in limiting their sense of identity in regard to gender. Gender studies are experiencing a re-emergence and are applying in new ways some of the data that were available but unanalyzed in the past thirty or forty years.

The 2012 USABP Student Research Award went to Daniel J. Lewis for his investigation of the work, life and legacy of Nina Bull, a pioneer in somatic studies, chiefly known for her role as teacher and mentor to Stanley Keleman. Mr. Lewis traces what is known of her background and the formative influences on her research. This article is of importance not just in and of itself, but as an example of the sort of research that needs to be undertaken into the founding figures of body psychotherapy before many of the sources of knowledge about them have disappeared. Because body psychotherapy has developed mainly outside of academic institutions, much of the material is only available orally from people (Alice Ladas, for example) who participated in it.

At the same 2012 USABP Conference in Boulder, Colorado, Robert Hilton gave the keynote speech, which, with adroit editing by our associate editor, Diane Cai, is included in this volume. Entitled “The Ever Changing Constancy of Body Psychotherapy”, the author explores the nature of the therapeutic relationship beginning with Freud and Reich (and, of course, Lowen). He also traces it through psychoanalysts such as Winnicott, Guntrip, and through more recent Jungian Donald Kalshed and Bioenergetic psychiatrist Robert Lewis. Drawing deeply on his own experiences as both patient and therapist, Hilton returns again and again to the necessity of finding love and connection in life, often first encountered in psychotherapy.

In the last issue of the *International Body Psychotherapy Journal*, we mentioned that body psychotherapy is no longer on the fringes of psychology and psychotherapy. Will Davis, in “In Support of Body Psychotherapy”, discusses how the body is being noticed and incorporated into several different schools of psychotherapy and psychoanalysis, denoting a paradigm shift within cognitive, social and self psychologies. “In Support of Body Psychotherapy” begins by pointing out two central tenets of Wilhelm Reich’s work: the functional identity of body and mind, and the understanding that the personal history is registered in the body musculature as well as in the mind. Davis explores how Transactional Analysis, cognitive psychology, self psychology and social psychology have integrated the body into verbal and cognitive therapies. He goes on to include the contributions of neurology, psychoanalysis (intersubjectivity) and robotics. He concludes with an illustrated case study of a patient whose bodily attitude and facial demeanor underwent major change in the course of six months of body psychotherapy.

Much has been written about the effects of trauma in the form of ongoing stress in the last few years. In “Hyporesponse – The Hidden Challenge in Coping with Stress”, Merete Holm Brantbjerg explores the myriad ways this form of bodily dissociation from the muscular system affects the functioning of the human organism. Systems of musculature are missing from consciousness in a way often unaccountable to the individual. She explores in detail the relationship between the autonomic nervous system’s functioning in relation to how a person is able to enlist muscular activity. Calling on her own experiences with prolonged stress, as most of us who lead active professional lives are likely familiar with, she details the subtle bodily and emotional reactions that are likely to ensue. Thankfully, she also provides some suggestions for helping ourselves and our patients cope more effectively with such reactions by utilizing resources to counteract the “automatic” autonomic and motoric responses.

Lastly, we are pleased to introduce a new feature to the landscape of this Journal: a section of book reviews. We begin in this issue with Michael Heller’s *Body Psychotherapy: History, Concepts, Methods*, translated by Marcel Duclos and published by Norton. The review is in three sections and authored by George Downing, David Boadella and Marcel Duclos. Drs. Downing and Boadella each describe and analyze the book from their unique points of view as leaders in the field of contemporary body psychotherapy, and Marcel Duclos provides a commentary on the process of translating this often daunting but ultimately momentous work.

And, in honor of the subtitle of this Journal, “The Art and Science of Somatic Praxis”, we include a poem by psychologist and poet Salita Bryant, entitled simply “Anatomy Lesson.” Many modalities of body psychotherapy require students to acquire considerable detailed anatomical knowledge. It is our hope that this poem will considerably lighten that requirement.

The nature of research and evidence, indeed even the question of what is “scientific”, are hotly debated topics these days among researchers and clinicians alike. There is continued pressure on psychotherapies of all sorts to produce “evidence” that they are effective by the same model that medications are “proven” effective. Double blind studies have become a gold

standard. But, while much of pharmaceutical research is also under fire, we need to point out that such research is not appropriate for what most of us as body psychotherapists do. Very little psychotherapy is protocolized, and the elements of what happens in a single session are legion. Even tracking only relational or only technical details can prove daunting. How could one psychotherapy session compare with another? Some modalities are using film for training purposes, but analysis of even such “hard data” is time-consuming and fraught with questions. Heuristic research and grounded theory have attempted to fill the void and have produced some interesting studies, yet, questions still persist. So, where does that leave us as clinicians? It leaves us in partnership with our patients as co-researchers. Each dyad must discover, often through trial and error, what produces change, leads toward the patient’s goals, makes a difference.

We hope you will enjoy this second issue. Better yet, let us know your thoughts, feelings, preferences.... In the spirit of scientific pursuit that is represented in several of the articles, we encourage a dialogue and hope you will respond with Letters to the Editor, extended or brief, which we will be happy to publish in the next issue.

Jacqueline Carleton, Ph.D.
November, 2012
New York City

The International Body Psychotherapy Journal **Editorial, Volume 12, Number 1, Spring 2013**

The title of the last USABP national conference was “The Body in Psychotherapy: The Pioneers of the Past, the Wave of the Future”. In our last two issues, we honored many of the pioneers of the past and will certainly continue to do so in subsequent issues. But, the themes of this issue represent some waves of the future, the expansion of the parameters of body psychotherapy itself and its integration with other fields of psychology and other branches of scientific endeavor.

Having just reached the age of 70, I shall invoke the elder’s privilege and begin this editorial on a personal note that transports us back a few decades... almost half a century. It was my 25th birthday and I was heartbroken: I had recently moved to New York from Boston and had neither a PhD nor a baby. My loving husband, who had been my childhood sweetheart, was deeply involved in his PhD program in physiological psychology, so it was easy to hide from him that something was dreadfully wrong. Whenever he was gone, I went to bed.

It was that simple. I spent most of the time in bed. When I couldn’t stand the boredom anymore, I confessed what was really going on, and I heard my husband on the phone to my best friend trying to figure out what to do with me. She told him about a kind of psychotherapy in which you took off all your clothes and screamed into a pillow. This was a more intriguing option than the drugs then circulating (mostly pot and LSD) that scared me and the alcohol that just didn’t do it for me either. It sounded weird, but having participated in one of Al Pesso’s early groups at the Charles Street Meeting House in Boston, it also made more visceral sense to me than just talking to someone.

So, once a week my husband dragged me out of bed and took me to a Reichian therapist who looked into my eyes and told me at the first meeting that I had been terrified all my life. And, he did indeed plop me on a couch with pillows, force me to breathe more deeply than I ever had before, and kick my legs and scream into a pillow while he (sometimes painfully) massaged hypertonic musculature. Six months later I was no longer clinically depressed and, interestingly (for the quantitative, evidence-based folks), my score went up 100 points on a retake of the Graduate Record Exams, with no prior preparation. But I was far from finished. I began studying Martha Graham technique intensely and, trying to figure out what I would study in graduate school, with a BA in history and a couple of years of study/research in International Studies at MIT.

I was beginning to be interested in psychology, but Columbia’s psychology PhD program didn’t seem to be about people so I enrolled in a program in sociology and Middle East Studies (in the meantime I had learned Turkish at a Princeton-NYU summer institute). One day, after I had passed my orals and language exams and was making plans to go off to Istanbul to hole myself up in a library and analyze Ottoman novels, I received an intriguing call from the director of a program at Columbia’s College of Physicians and Surgeons for psychiatrists and social scientists to learn each other’s disciplines and collaborate on research. I asked if it carried a stipend. It did. Istanbul plan nixed, I joined the program. Its director, a psychoanalytically oriented psychiatrist, soon pointed out to me that I was far more interested in the patients than any of the young psychiatrists in the program, who mostly wanted to figure out what medication to prescribe for them. He opened doors for me to take all the classes with the residents in psychiatry and then to participate in Columbia’s psychoanalytic training clinic as a research fellow.

In the meantime, I was discussing all this with my Reichian therapist, also an MD, who agreed to train and supervise me privately while I sought certification from a postgraduate psychoanalytic institute that trained PhD's and MSW's. I formulated a dissertation topic at Columbia to reflect my interest in Reich's work but not betray my personal interest in the topic. Investigating Reich's ideas on child rearing allowed me to interview his wife, translator's wife, and many of the senior Orgonomists without entering into any of the sociopolitical issues surrounding his work and eventual death in a U.S. prison. In the course of these extended interviews, I was interested to find out that I was not the only PhD candidate being privately trained (instructed and supervised) by an Orgonomist.

Illustrating how far our field has come, we open this Spring 2012 issue with a penetrating contribution to the training of body psychotherapists by Sibylle Huerta Krefft entitled "Sense and Sensibility in Supervision". Relying on neuroscientific research, she describes relational, embodied supervision focusing on emotional resonance to enhance the learning process. She also sees it through the eyes of chaos theory relevant to non-linear self-organizing systems. In that light the responsibility of the supervisor becomes to introduce just the right amount of perturbation to allow the self-organization of the supervisee to briefly enter a period of chaos followed, hopefully, by re-organization at a higher level of complexity. Quoting Will Davis she reminds us to ask "How?" rather than "Why?" as she explores embodied tutelage in this context. She emphasizes that learning takes place optimally in a relationship which includes both bodies and emotions: learning, thinking, language and the body are inseparable. If, as she states, "relationship shapes communication and vice versa, and non-verbal communication comprises 70%-80% of communication", the language in which we communicate the remaining 20% - 30% loses its heretofore enormous importance.

In the late 60's and early 70's much of body psychotherapy seemed to have "thrown out the baby with the bath water", ignoring advances in the wider psychotherapeutic community and hunkering down into competing training institutes which were considered and considered themselves countercultural, New Age, or one of the many other epithets that frequently characterized them. That was certainly my experience. I never told psychoanalytic or academic colleagues of my personal or clinical interest in Reich (the only book of his in the Columbia Psychoanalytic Clinic library at that time was *Character Analysis*), and my Reichian colleagues, I knew, thought that just talking with somebody was of no help at all. So, for more than 20 years, I kept my professional life housed in two separate castles, the walls of which were only breached in my private practice, in which they were seamlessly combined.

Claire Haiman takes on this issue in "Bridging the Split: Integrating the Psychodynamic and Body-Centered Therapies" utilizing a grounded theory approach (exciting to me as this was not on the horizon when I was structuring a qualitative dissertation myself). Structured interviews with 11 New York City area therapists who were trained in both body-centered psychotherapy and psychodynamic psychotherapy produced three different ways of handling the bridge/split. All were initially trained in psychodynamic psychotherapy, but one group left that training and moved almost exclusively into body-centered work while a second group integrated the two, and a third group maintained two separate practices, one body-centered and one psychodynamic. She provides quotations from them illustrating each of these three positions as each therapist uniquely practiced it. This is the richness of contemporary qualitative methodology.

Moving into the challenges of clinical practice, Morit Heitzler brings to our attention the boundaries that are front and center in the body psychotherapy community as well as the larger psychotherapeutic community of trauma therapists with her thought-provoking article “Broken Boundaries, Invaded Territories: The Challenges of Containment in Trauma Work”. She explores the paradoxical nature of boundaries and containment as they are and must be played out in the relationship between therapist and client. As an introduction, she analyzes an awkward initial exchange with a client that occurred prior to her sophisticated and nuanced understanding of both internal and external boundaries. Utilizing her work with this challenging client, she demonstrates in two vignettes the complexity of working with the invaded boundaries that are an inevitable part of early trauma. Her riveting description of the client’s attempts at seduction with money and power, accompanied by rage, leads ultimately to a pivotal embodied enactment. The therapist was able to sense through her own body both what the client experienced and how she herself had “the capacity to lose and regain my sense of self ” in order to guide their mutual journey.

As illustrated in Dr. Haiman’s article, body psychotherapy, along with acupuncture, homeopathy, naturopathy, etc., has long been considered, even by many of its practitioners, “alternative”, or “complementary”. Body/somatic psychogtherapy was not part of psychology curricula nor was it given a place in medical schools. Just as mainstream medical schools are now beginning to teach Integrative Medicine, mainstream psychology has begun to integrate approaches that would formerly have been considered outside of acceptable standards of practice. Integration is the guiding paradigm of “Yoga Based Body Psychotherapy: A Yoga Based and Body Centered Approach to Counseling”, in which the author, Livia Shapiro, strives to integrate on a theoretical level two approaches to the body, the outcome of which she calls Yoga Based Body Psychotherapy. She marries Susan Aposhyan’s developmental movement sequence, the Five Fundamental Actions with Anushara Hatha Yoga’s Universal Principles of Alignment. She describes each system in detail and shows how the introduction of yoga postures within the framework of the Interaction Cycle supports change and transformation, thus broadening the scope of body psychotherapy’s already eclectic stance.

Another jurisdiction considered with ambivalence by some even within body psychotherapy has been the realm of energy work. Just what do we mean by “energy” anyway? Debra Greene explores this question in “Expanding the Dialogue: Exploring Contributions from Energy Medicine.” Many of us, especially in the Reichian tradition, have worked with concepts and techniques of energy all our professional lives. But, in recent years, a whole field has grown along beside us, usually referred to as energy medicine. Its abundant literature is exemplified in my own library, which devotes more than two shelves to housing the outpouring of books in this field. Dr. Green outlines a clear, multidimensional model focusing on five principles of the etheric body (the power supply, the replica effect, the blueprint effect, the interface effect, and the internal senses), discussing areas of overlap with and application to body psychotherapy in hopes of forming an energetic bridge between energy medicine and body psychotherapy and simultaneously opening a mutually beneficial dialogue.

Noemi Csaszar and Jozsef Vas explore yet another dimension in their article entitled “Tandem Hypnotherapy” (THT). Tandem Hypnotherapy is practiced in groups. A therapist and co-therapist work together with each participant singly. The co-therapist goes into trance with the patient while the main therapist holds the space and attends to the group as a whole. A mutual attunement evolves during THT. The authors believe that by using THT the symptoms of pre/perinatal traumas can be replaced with an associative mode of prenatal experiencing which

includes acceptance and love. The essence of THT is viewed as an integration of touch, trance, and transference. Three case vignettes are presented to illustrate how THT works.

The ramparts of both castles (psychoanalysis on the one hand and body psychotherapies on the other) were being slowly dismantled in the 90's by neuroscientific research, especially that involving fMRIs. And, many body psychotherapists, certainly including me, were tiring of their narrow, physiological focus. Many body psychotherapists embraced relational psychoanalysis and integrated it into their work, acknowledging the effect of language on the body as well as of the body. The people who had straddled both worlds all along were publishing their views and our field was more and more interested in listening. The EABP had been in existence for several years, and the turn of the century saw the inauguration of the USABP. Both organizations have grown steadily and produced well-attended conferences in alternate years. The USABP Journal started as a very small, desperate effort to increase communication within our field and has grown into the jointly sponsored, professional journal you hold in your hand or read on your computer (or iPhone or iPad) today. Graduate schools are teaching somatic psychology, and modalities such as Somatic Experiencing and Sensorimotor Processing are incorporating the latest findings of neuroscience into their curricula, which are in turn being accepted for credit by undergraduate and graduate programs. It's an exciting moment for education and innovation in the field of body psychotherapy; old, new, and the once occult are all making their way into the fold. We celebrate this broadening and widening with a brief but relevant poem from poet and psychotherapist Salita Bryant, entitled "A spacious life" reflecting the value of mindful spaciousness in our work and in our lives.

Jacqueline Carleton, Ph.D.
March, 2013
New York City

The International Body Psychotherapy Journal **Editorial, Volume 12, Number 2, Fall 2013**

Well, this is our second or twelfth year of publication, depending on whether or not you are counting the *US Association for Body Psychotherapy Journal's* ten years as a precursor of the *International Body Psychotherapy Journal: The Art and Science of Somatic Praxis*. In seeking to fulfill our mission to reflect, define and validate body psychotherapy in the global community, we are moving in ever-widening circles of connection and diversification. Since the transition two years ago, we have been committed to an open access, online publication with the alternative of print subscriptions for those who wish them. As I write this, our own website is in preparation and will be up in the next month or so. Its address will be www.ibpj.org. That means that the IBPJ will be accessible from three sources: the EABP website, the USABP website and its own website, in addition to being sent as an attachment to all members of both organizations.

As a part of our goal to disseminate the practice of body psychotherapy as widely as possible, we are committed to actively coordinating our other publications, events, and social media. We are planning to participate actively in the 2014 EABP Conference in Lisbon as well as the USABP Conference in 2015. Nancy Eichhorn, the editor of *Somatic Psychotherapy Today*, and I are in constant communication about the content and needs of both periodicals, and Nancy also serves on our editorial committee. The same is also true for Serge Prengel, who hosts an ongoing series of thought-provoking conversations with a broad range of practitioners and thinkers on *SomaticPerspectives.com*. Social media are also utilized, as by Serge whose Somatic Perspectives group on LinkedIn, with 2,500 members to date, is a place for stimulating discussions on such topics as Embodiment or The Role of Touch in Psychotherapy (see linkedin.SomaticPerspectives.com).

In forthcoming issues, we will be presenting and encouraging dialogue among contributors in two related forms. Editorial committee member Asaf Rolef Ben Shahr has invited Nick Totten to begin a series of dialogic articles on the concept of the self in body psychotherapy. Upon receipt of Nick's article, Asaf will invite comments from three colleagues, which will be published along with the original article and Nick's closing reply to them.

I have invited experienced clinicians to present case histories which will then be commented on by their colleagues. Colleagues will be asked to propose alternatives and then the original writer will write a rejoinder, which will include further information on the treatment presented along with comments on colleagues' suggestions and ideas. We would like to experiment with this form both within and between modalities. We hope such dialogues will become regular features of the *IBPJ*.

Honoring our subtitle, *The Art and Science of Somatic Praxis*, we begin this issue with a poem by Stanley Keleman. A pillar of body psychotherapy since the 1970's, he allows us to publish "The Present as Morphogenesis". Much of Stanley's work in other genres is initially birthed by him in poetic or sculptural form, so it pays to watch his subsequent work to see how it unfolds. At this point in time, he is just finishing a DVD of his seminal work, *Emotional Anatomy*. It is a semi-animated version of the text with added material about the exercise protocol and the dynamics of Formative Psychology.

Michael Heller actively participates in many of the above-mentioned venues of communication amongst body psychotherapists. Best known at the moment as the author of *the magnum opus, Body Psychotherapy: History, Concepts and Methods*, published by Norton in its English translation by Marcel Duclos in 2012, and reviewed in our last issue, Michael has also

been a guest in the *SomaticPerspectives.com* series and has hosted a discussion of the goals of psychotherapy in the Linked In group. Inspired by that experience, he delves further into an aspect of the topic that particularly interests him in his article entitled, “Idealism & the Goals of a Psychotherapeutic Process”. In this thoughtful essay, Michael explores several issues in the formulation of aims for psychotherapeutic treatments, especially for those including the body, clearly more interested in the questions and dilemmas than in any singular conclusions.

He begins his discussion of this complex topic by pointing out that, “no one seems to know how to differentiate a mental illness from spontaneous manifestations of the imperfection of nature”, citing the presently controversial treatment of ADD in children. He then moves on to the philosophical underpinnings of the discussion of aims of psychotherapy, contrasting the idealism of Plato with that of another Ionian philosopher, Heraclitus, in whose wake he places Spinoza, Darwin, and ultimately Wilhelm Reich. He poses the question whether psychotherapeutic treatment should take harmony and coherence as its goal, or whether it is better to aim instead for an enlarged capacity to manage conflictual forces both within and without of the organism. And, what of habitual responses of all kinds?

Can we embrace empirical idealism which assumes one form of adaptation is better than any other, or may we embrace the variety that otherwise ensues? Is our first concern building an intimate relationship with a new patient or alleviating symptoms? And, what about the ethical considerations around who, therapist or patient, decides on those goals either overtly or covertly? And, is there a main or initial cause of present symptoms that we should seek to uncover? Questions such as these engender illuminating but ever-inconclusive treatment. He concludes that while there may not be major differences between practical aims of a psychotherapy process, each practitioner/school rationalizes them quite uniquely. The editors along with Michael invite you to submit your own questions and thoughts thereon for publication in the next issue of the *IBPJ*.

A similarly speculative point of view is taken by Bernhard Schlage in “Body Image Disorders” as he attempts to open inquiry into the realm of what he calls the “second body”. Taking a childhood experience of his own as a point of departure, he speculates on how this body might be linked to the physical body and the brain both in present and past cultures, some of which were more comfortable with body image variations than the culture from which he writes. He argues that body psychotherapy is in a unique position to work with both bodies and goes on to evaluate neuroscientific and neuroimmunological evidence for their usefulness in such treatment. In conclusion, he invites feedback from readers who share his interest in this burgeoning field of inquiry and treatment. We would add that this discussion has a sociocultural relevance as well as we watch the globalization of serious, often life-threatening body image disorders such as *anorexia nervosa* along with its more recent and equally serious companion, obesity.

In “Military Culture and Body Psychotherapy: A Case Study” Diana Houghton Whiting describes 10 weekly body psychotherapy sessions with a 65-year old male veteran of the Vietnam war who has been in a variety of treatments for PTSD over the last 15 years. Diana was able in that brief time to help the client bring more awareness to his body, his emotions, and many habitual responses. She points out that attention to signals from the body is the exact obverse of military training to suppress bodily sensation in order to complete the assigned task. She briefly describes the process by which a civilian becomes a member of the military, “a welloiled machine”, and how that can make re-entry for some quite difficult, especially for those who carry trauma. Although neuroscientific research has made some inroads, the American

Veterans Administration only approves evidence-based therapy modalities for this enormous and underserved population. The need for research in the field of body psychotherapy is clearly urgent. This article fulfills a requirement for the Master's degree at Naropa University in Boulder, Colorado. We applaud the practicality of the necessity for each student to undertake a project that results in a publishable article rather than a "thesis" of some sort that might just sit on a shelf somewhere gathering dust.

Albert Pesso, along with Diane Boyden, founded the Pesso-Boyden Psychomotor System more than 40 years ago. As I mentioned in the last issue, I was privileged to be a member of one of their very early groups at the Charles Street Meeting House in Boston. "Filling the Holes-in-roles of the Past with the Right People at the Right Time" outlines and simultaneously illustrates how initial questions about how some performers are able to do some moves that others cannot has become a very carefully worked-out and implemented modality of body psychotherapy. No stranger to their work, I found myself again and again confounded by the precision of the interventions described. What is particularly helpful are the minute dissections of each intervention with its theoretical and cultural bases explained. Questions seem to be a theme of this issue, and Al poses many: What can make the present feel that awful? Does it matter that interventions are in the here-and-now rather than the there-and-then when they were so urgently needed? What are the most basic drives/instincts in all living things? What three motivators propel most human behavior (one of them may surprise you) and what are two underlying, genetically available primordial energy systems needed to successfully maintain life? His answers to these questions provide the very specific bedrock of the work described. Concepts and principles continue to come up and be discussed in the course of a single "structure". His moment-by-moment tracking of therapist, client and participating group members provides a window into a concise and detailed set of interventions that lead to a not unforeseen conclusion.

Finally, we have a review of Barnaby Barratt's important new work, *The Emergence of Somatic Psychology and Bodymind Therapy*. It is described and analyzed by Christina Bader-Johansson.

I would like to take this opportunity to honor and thank our abstract translators: Albanian, Enver Cesko; French, Marcel DuClos; German, Elizabeth Marshall; Greek, Eleni Stavroulaki; Hebrew, Rachel Shalit; Italian, Fabio Carbonari; Russian, Evgeniya Soboleva; Serbian, Sasa Bogdanovic; Spanish, David Trotzig. The abstract of each article in the issue is translated into these languages and posted on the websites so that people for whom reading in English is a challenge can get an idea of whether they want to wade through a particular article. This is a very important service and other languages are welcome. Please volunteer!

Jacqueline Carleton, Ph.D.
September, 2013
New York City

The International Body Psychotherapy Journal **Editorial, Volume 13, Number 1, Spring 2014**

The last two years, as we completed the transition from the *USABPJ* to the *IBPJ*, have indeed been a time of tremendous movement, change, and transformation. And more changes are on the way, in this issue and the next. The *USABPJ* was basically a two-person operation; I edited it and Robyn Burns produced it. Today, we have peer reviewers and advisors from virtually every continent, along with an editorial committee that assists the editor on an ongoing basis as issues arise. We have instituted a system of tracking peer reviews and reviewers (the work of Associate Editor Diane Cai, recently assisted by Joshua Wright). We have set up a working system that flows quite well, but hope that soon the enormous peer-reviewing and proofreading work now done manually will be taken over by appropriate programs.

We have initiated our own website, www.ibpj.org. Abstracts of articles are posted on the *IBPJ* website in as many languages as we can find translators for. We have a German language editor, Elizabeth Marshall, who heads a whole peer review process in that language and then translates selected articles into English for the Journal. Honoring the growth, expansion, and constant change in our field, we are pleased that we have been able to keep the Journal open access online, charging a minimal fee for print subscriptions. So far, we have been able to do this without a charge to authors (as is becoming customary in open access online journals).

With this issue, we initiate a new cover design for the *IBPJ*. Joop Valstar, collaborating with Chiel Veffer, provided both the design and Eugene Brands' artwork for the initial two years of our transition from being the *USA Body Psychotherapy Journal* to our sponsorship by both the USABP and EABP, and a new title, *International Body Psychotherapy Journal, The Art and Science of Somatic Praxis*. The image on the cover was an oil painting by Brands, entitled Everything Streams, referring to 'Panta Rei', the principle (found in the philosophies of Heraclitus, Plato, Aristotle) that everything moves, changes, and transforms all the time. And so it does. Our new cover has been designed by Diana Houghton-Whiting, somatic psychotherapist, who authored an article in our last issue on her treatment of military personnel with PTSD. Diana has patiently responded to myriad requests for large and small changes. The cover art for this issue is from Terry Marks-Tarlow, a California psychotherapist and artist. She generously allowed the editors to choose an image for this issue from the vast array of her artwork on her website and then agreed to write an introduction to our choice. In her "Self-Reflections" she narrates her journey from a primarily "left-brain" approach to psychology to a more embodied stance through the lens of her artwork. Dr. Marks-Tarlow has also curated a wonderful collection of therapists' artwork, some of which we expect will adorn future covers.

The Fall 2014 issue will also see the inauguration of a new feature edited by Asaf Rolef BenShahar. He has asked Nick Totton to write an article, which is then commented on by four other prominent body psychotherapists, each of whom is briefly responded to by the original author. It is our hope that both Nick Totten's contribution along with those of David Boadella, Stanley Keleman, Will Davis, and Akira Ikemi will inspire our readers to think and write about these and other issues, which, as always, we welcome as letters to the editor and dialogue with the community at large.

The marriage of art and science is of the utmost importance to the Journal. That includes more than the "art and science of somatic praxis" that hopefully describes our clinical work. As whole human beings, we must, as Dr. Marks-Tarlow reflects in her brief piece in this issue, enlarge our own creative capacities both in and outside of our work. Art, music, poetry, drama —

these must be reflected in the selves we bring to our consulting rooms, our research endeavors, and the rest of our lives. Whether we are consumers or producers, participants or spectators, we must be involved. We might in fact think of our work as embodying the art of science.

At our request, body psychotherapist Jeanne Denney, an early contributor to the USABPJ (in the Archives on the IBPJ website, see volume 7#8, 2008), has contributed two poems to this issue, one from the point of view of herself as patient and the other from the vantage point of that same person now as therapist. Ms. Denney exemplifies the union of art and science in her study of the effects of compassionate presence on hospice patients and the hospice workers who offer this compassionate presence, utilizing measures of heart rate variability supplemented by interviews with caregivers and family members. She brings a background in engineering, childbirth coaching, and body psychotherapy training to her work. And, she writes poems.

Courtney Young, past President of EABP, and Gill Westland, Director of the Cambridge Body Psychotherapy Center, in “Shadows in the History of Body Psychotherapy: Part I”, take a penetrating, sometimes provocative, look at Jung’s concept of the Shadow as it has appeared to them in the history of body psychotherapy from its inception up to the present. Moving chronologically, they highlight issues such as the historical lack of academic affiliation and all that has brought, including an anti-intellectual stance on the part of many. They point to the Freud-Reich split and its continuing effects on attention to the pre-verbal and non-verbal as well as attitudes toward touch in the larger psychotherapy community as well as that of body psychotherapy. The role of charismatic leaders and competition rather than cooperation among their followers is explored. Controversies involving boundary violations are mentioned and the relationship of body psychotherapy to humanistic psychology is traced. It is the editor’s hope that this article and its sequel in our next issue will engender some lively discussion, especially among those who have participated in many of the events mentioned.

Will Davis’s wide-ranging article, “The Endo Self: A Self Model for Body-Oriented Psychotherapy,” calls upon physics, biology, and systems theory, making an argument for the existence of what he has chosen to call an “endo” self, a coherent subjectivity pre-existent to the relational self. The endo self, he poses, is the organizing agent of its own experiences, and the obverse of the object relational self. Positing that there has been an overemphasis on the role of the other in self-development, he describes three themes current in the re-evaluation of the self as developed through relationship: the existence of a pre-cortical self, the existence of a unified organismic self preceding the body/mind split, and the need for a non-deficit model of human development. He then goes on to elaborate the characteristics of the endo self: a primary source, self-referential, abhorrent of splitting, autopoietic, self-regulating, immutable, possessing a sense of security and well-being, profoundly self-knowing, non-judgmental but reality oriented, preverbal and nonverbal, spontaneously and continuously reorganizing, and outside of time. Brief clinical examples illuminate the theoretical material as he draws upon multiple sources to buttress his argument.

While Davis emphasizes differentiation, attempting to extricate a pre-existent, selforganizing, ultimately immutable self from its later elaboration in relationship, Homayoun Shahri, in an article entitled “Toward an Integrative Model for Developmental Trauma” has championed theoretical integration. Shahri, taking the existence of a self as a given, goes on to trace its vicissitudes as illuminated by selected theories from the realms of psychodynamics (ego psychology, drive-conflict theory, object relations, and self psychology) in addition to polyvagal theory, complex self-organizing systems theory, and both Reichian and Bioenergetic writings from somatic psychology. He then presents an extended clinical case to illustrate the enmeshing

of these perspectives. Shahri and Davis present complementary overviews. Davis defends a primal, what he terms “endo”, self, and Shahri addresses its possible developmental course as that self faces chronic developmental trauma in the form of existential threats or contact deprivation. But both Davis and Shahri bring together complex dynamic systems theory with neuroscientific models of the autonomic nervous system, such as Porges’s polyvagal theory, and various psychodynamic models, including object relations and Reichian and neo-Reichian theories.

Christian Gottwald makes a foray into the area of mindfulness which, as he points out, has recently entered mainstream psychotherapy, but which has been practiced by body psychotherapy schools such as Hakomi for quite some time. An extended transcript of an initial session provides an illuminating example of initiation and supervision of consciousness processes with bodily interventions. By simultaneously calling the patient’s awareness to his thoughts and bodily sensations and introducing some simple movements, the therapist is able to help the patient shift from his past and future orientations into the immediate present and alleviate his presenting symptoms. Awareness and mindfulness are fundamental to change process. Furthermore, he argues, “a mindful state of consciousness can often become a gateway for spontaneous spiritual experiences”.

Dyana Reisen, author of “Helping the Body Grieve: A Body Psychotherapy Approach to Supporting the Creation of Continuing Bonds After a Death Loss”, brings more than six years of experience in bereavement counseling, research, and hospice work, combined with her Master’s level work in Somatic Psychology at Naropa University, to this article on how and when to employ techniques of body psychotherapy to facilitate the grief process. Before outlining some embodied interventions, she gives us a brief introduction to a number of areas, whose somatic aspects she highlights, of grief and bereavement, including some controversy over whether people benefit from continuing bonds with the departed or should be encouraged to sever them. Focusing on uncomplicated grief, she paves the way for further investigations of somatic interventions in complicated grief as well. Her clear definitions of many aspects of grief counseling constitute a very useful primer.

Olga Brani and her colleagues at the University of East London report an intriguing pilot study of the impact of body awareness on subjective wellbeing. After a brief introduction to the mind-body problem as it has been conceived of within psychological literature along with wellbeing and positive psychology, they focus on definitions and possible applications of body awareness and body awareness therapy to the subjective experience of wellbeing. Upon conducting an online survey of 119 individuals from the general population, they find a small but statistically significant relationship between body awareness and subjective wellbeing.

In tandem with this issue of the *IBPJ*, the Spring 2014 issue of *Somatic Psychotherapy Today* will feature a number of articles, interviews, and book reviews on the burgeoning field of eating psychology. Given what seems to be a worldwide epidemic of obesity along with the prevalence of life-threatening cases of anorexia nervosa and bulimia, this is an important topic. According to Nancy Eichhorn, editor of *SPT*, the field of eating psychology “shines a spotlight on the dynamic psychological relationship we have with food and its impact on our health and emotional wellbeing. Advances in holistic and functional nutritional health are changing the way we understand the role our diet plays in obtaining and/or maintaining optimal health”. In this issue of the *IBPJ*, Stephanie Pollock, in “The Enteric Nervous System and Body Psychotherapy: Cultivating a Relationship with the Gut Brain”, explores the role of the enteric nervous system, or “gut brain” in healthy mindbody functioning. In the course of work for her Master’s degree in

somatic counseling psychology at Naropa University, she devised a system of working with clients' enteric nervous systems (ENS), which she handily called the E.N.S. System. Adapting material from the Institute for Integrative Nutrition, the Institute for the Psychology of Eating, her yoga teacher trainings, seven years of work with private clients, as well as her own body, and incorporating the body psychotherapy theories and techniques of Gerda Boyesen, Stanley Keleman, and others, she suggests that paying attention to how a person's eating, needing, and sensing (what she designates as the E.N.S. system) are digested in the gut brain can foster consciousness of the ENS. And, ENS awareness in turn can increase emotional self-regulation and the ability to respond to the "gut brain" in the moment.

Naropa University in Boulder, Colorado, requires Master's candidates in somatic counseling psychology as a condition of their degree to write a publishable article. The two articles in this issue have come out of that provision, as have several we have published previously. Christine Caldwell, the director of the program there, has been a leading force in propelling our field forward into academic respectability. Students from Naropa's program and those from other universities represent the wave of the future in somatic psychotherapy. They are seeking academic degrees for basic knowledge and licensure, and will hopefully continue post-graduate training in one or more body psychotherapy modalities. Earlier on, as Young and Westland point out in this issue, academic degrees were in psychology only, neglecting the complimentary somatic aspect. It is wonderful that today's graduates have at least been introduced to mind-body work, sometimes in a course or two, and, sometimes, as at Naropa, as the focus of their degrees.

Jacqueline Carleton, Ph.D.
March, 2014
New York City

The International Body Psychotherapy Journal **Editorial, Volume 13, Number 2, Fall 2014**

I have been thinking of this issue, Volume 13#2, as the “congress issue” for quite some time, as it is being published simultaneously with the 10th European Association for Body Psychotherapy and 14th International Scientific Committee of Body Psychotherapy Congress, September 11-14, in Lisbon, Portugal. I have attended many of these congresses over the years and have found them incredibly nourishing and inspiring each time. The theme this year is “The Body in Relationship: Self, Other, Society”, marking body psychotherapy’s evolution, paralleling that of relational schools of psychotherapy and psychoanalysis, from a “one-person” psychology focused on the internal dynamics and bodily expression of the patient to a “two-person” psychology focusing also on the relational aspects between therapist and patient. These developments I find hopeful and encouraging for the future of our profession and for that of allied helping professions such as medicine, wherein doctors are being encouraged, as a part of their own selfcare as well as their technical expertise, to pay more attention to their own presence in clinical encounters (Figley, Huggard, & Rees, 2013). I am reminded of a paper by Angela Klopstech. Drawing on Martha Stark’s (1999) book entitled *Modes of Therapeutic Action*, Dr. Klopstech demonstrated, in her typically lucid manner, how Bioenergetic technique had been evolving from a focus on emotional, cognitive and energetic blocks in the patient, through the therapist’s active inclusion of him/herself in providing a corrective experience for the patient, to a third alternative in which the therapist participates countertransferentially in the patient’s transference enactment in the session.

This issue and the next will introduce three new editors. In this issue, Asaf Rolef Ben-Shahar introduces what I hope will become a frequent feature of the IBPJ: The Somatic Colloquium. (His recently published book, *Touching the Relational Edge*, will be the focus of a review article on relational body psychotherapy by Aline LaPierre, scheduled for publication in this Journal in 2015.) Our next issue, devoted to research in body psychotherapy, will be guest edited by Jennifer Tantia, research chair of the USABP. And, Debbie Cotton, body psychotherapist and naturopath, has joined the Editorial Committee. In addition to taking care of her newborn son, Debbie has given the Editor valuable assistance copy editing on a tight deadline. She will be taking on more responsibilities in the coming months as the demands of motherhood allow.

We begin the issue with an illustration of the art of our craft. Lydia Denton combines clinical acuity with a whimsical sense of play in “A Fairy Tale or the Strange Case of Rose”. An otherwise high functioning patient comes to her missing a body part. In their quest to reclaim it, the therapist utilizes ego state theory along with EMDR and psychodynamic theory. The therapist’s wry sense of humor is even occasionally matched by the patient.

In Part II of “Shadows in the History of Body Psychotherapy”, Courtenay Young and Gill Westland suggest some of the challenges faced by the body psychotherapy training organizations and communities as essentially outlying fiefdoms attempt to form a cohesive and rigorous topography in relation to the wider field of psychotherapy and somatic psychology while remaining true to a strong tradition of embodied and experiential practice and training methodologies. Sometimes they speak generally, and at other places in their article detail problems, pitfalls and traumatic events of which they have knowledge. As they conclude in this second part, the authors as well as the Editor invite discussion of all aspects of these two articles,

perhaps most easily accomplished on the Somatic Perspectives forum (www.somaticperspectives.com).

After attending their fascinating presentation at the last EABP conference in Cambridge, I asked Eric Wolterstorff and Herbert Grassman to write it up for the *IBPJ*. Entitled “The Scene of the Crime: Traumatic Transference and Repetition as Seen in Alfred Hitchcock’s *Marnie*”, the authors analyze the film as a case history. As they explicate their interesting theoretical stance, they pose the main character, Marnie, in the role of patient and suggest a course of treatment for her. Their contention is that a participant in a traumatic event involving what they characterize as “in-group trauma,” must integrate the four roles literally or implicitly present: savior, victim, bystander and perpetrator, in that order. In order to heal, the participant must be able to inhabit each of these roles, no matter which one he/she in fact played. In order to facilitate that process, the therapist must be able to work with the traumatic transferences that ensue without allowing it to destroy him/herself, the client or their relationship. Not an easy task, they concede, but imagining Marnie as patient, they detail each step in the process.

I really enjoyed reading Manfred Thielen’s carefully crafted article on “Body Psychotherapy for Anxiety Disorders”. Bringing together a cogent discussion of the Reichian tradition initiated by Freud with later Bioenergetic additions, he critically traces treatments of anxiety on through psychodynamic conceptualizations to preand peri-natal research along with the contributions of infant research and finally to Humanistic Psychology’s perspective. Having set the tone in his brief historical overview and theoretical discussion, he concludes that anxiety is a whole body experience and illustrates all that he has introduced in two case vignettes.

Greg Johanson provides us with a thoughtful introduction to and overview of the possible interfaces between somatic psychotherapy and science and research. With an extensive bibliography, the article details issues such as how research is used clinically, how training institutes can function as both generators and consumers of research and how findings in what he refers to as “cognate” fields such as neuroscience, developmental studies, multicultural and spiritual arenas can contribute to the practice of body-inclusive psychotherapy. The author is guided by considerations in the philosophy of the science of “what it means to be human” as well as principles from the sciences of complex, non-linear adaptive systems. The significance of neuroscience as “explanation” or “redescription” of clinical observation is also taken up by Nick Totton and some of his commentators in our final offering.

With this issue, we introduce a feature which will appear frequently in subsequent issues: Somatic Colloquium, orchestrated, edited and introduced by Asaf Rolef BenShahar. Dr. Rolef Ben-Shahar asked Nick Totton to contribute our first offering, which is commented upon by David Boadella, Stanley Keleman, Will Davis and Akira Ikemi, after which Totton offers a final comment. In his carefully constructed, well expressed and richly referenced offering Totton makes a cogent case for embodiment as the “matrix of relating” and goes on to say that, “It is only when the privileging – though not the contribution – of the rational and the verbal is wholly surrendered that embodied relationship can be integrated”. Stanley Keleman and David Boadella comment briefly, reminding the reader of their own work and points of view. Will Davis and Akira Ikemi seem to enjoy entering more into challenging dialogue with Totton, who responds in kind in his closing remarks.

This colloquium came to mind when I was privileged to view a brilliant physical theater piece last weekend, entitled “What You Counted and Carefully Saved”, created and directed by the profoundly gifted Sita Mani with her students from The Studio in New York. A “work in progress,” it merged profoundly personal elements from the creator as well as the actors with a

deep commitment to the physical expression of emotion, utilizing music, dance, poetry and humor. It was in fact the privileging of the embodied in this powerful dramaturgical piece that has made it reverberate in my own body as I have sought to be an embodied presence for and to my patients and students this week. How wonderful to see a parallel process in theater art and psychotherapy: two sides of a golden coin.

Our cover, which is also the 2014 Congress logo, was designed by Dora Theodoropoulou, a Greek student of Biosynthesis and PhD candidate at the National Technical University of Athens.

Jacqueline Carleton, Ph.D.

August, 2014

New York City

The International Body Psychotherapy Journal **Editorial, Volume 14, Number 1, Spring 2015**

It has been 10 years since we have had an issue devoted to research. Because my own interests have evolved as more clinical and theoretical, it felt delicious to place the 2015 Research Issue wholly in the expert hands of Jennifer Tantia, PhD, former Research Chair of the USABP. She has handled editing tasks from the initial call for papers for this special issue devoted to research through the peer review process to final copyedits. And, as you will see as you peruse this issue, she has done a terrific job. *

In a field such as ours, which was marginalized or which marginalized itself for many years, research, in the support of evidence-based practice, is a key to mainstream acceptance. Psychologists of many stripes are currently very interested in our techniques, theories, and ways of viewing both psychotherapy and the human condition. But, without research to back up what we know clinically, it is hard for them to learn from us.

On the EABP website, www.eabp.org, all you have to do is select the button marked Research to unleash a wealth of resources and materials that have been collected over the years, notably by Courtenay Young and more recently by the Scientific Committee. This issue of the IBPJ is a contribution to that substantial body of literature.

And, of course, in keeping with our tradition of including art in every issue, we have commissioned a poem by Marcel Duclos on the subject of research. Marcel writes:

I send you this enigmatic poem as a reflection on the paucity and richness of the oft quoted and lauded statistical measures that both succeed and fail at defining the imponderables of a body-inclusive psychotherapy, sometimes as a science and often as an art. *To borrow Madhav Goyal's words, quoted by Mary Sykes Wylie in her article "The Mindfulness Explosion: The Perils of Mainstream Acceptance" in the 2015 January/February issue of the *Psychotherapy Networker*, body-inclusive psychotherapy is "inherently difficult to study and compare (research), (it's) like trying to pin down clouds in a gale." This does not mean that those among us who have limited skills and resources to carry out formal research ought not to forge ahead even if the study limps a bit, or if the mundane commercial world might distort the findings for its own purposes.*

Next fall, I will edit my last issue of this Journal after almost 15 years at its helm. The journal has grown and transformed from a members' benefit for the US Association for Body Psychotherapy into the online open access *International Body Psychotherapy Journal: The Art and Science of Somatic Praxis*, sponsored jointly by the US Association for Body Psychotherapy and the European Association for Body Psychotherapy. It is beginning to be listed in important data bases and with the help of Noya Abramovich, is beginning to have a social media presence as well. Jill van der Aa and I have been working on this transition for a couple of years so it has been and will continue to be a gradual process.

After considerable thought and consultation, a new team has been chosen. The threeperson editorial collaborative will be headed by Asaf Rolef Ben Shahar, PhD, as Editor in Chief. He will be collaborating with two co-editors, Nancy Eichhorn, PhD, and Debbie Cotton, NDd. They will continue to be assisted by members of the editorial committee, who have been unfailingly supportive of me during my tenure.

I am very excited anticipating both change and continuity with what we have gained so far. I am sure the new team will have fresh ideas and strategies, (which is why we have chosen them!) and I look forward to taking a back seat and watching them navigate.

Jacqueline Carleton, Ph.D.
February, 2015
New York City

* Jennifer Frank Tania, PhD, BC-DMT is a somatic psychologist and dance/movement therapist in the US. She is a research advisor to dance/movement therapy students at Pratt Institute and sits on several doctoral dissertation committees in somatic research throughout the country. Dr. Tania teaches developmental and somatic psychology and has introduced dance/movement therapy to Adelphi University. Former board member of the USABP, and former Program Director of the NY state chapter of the ADTA, Dr. Tania currently serves on the research sub-committee of the ADTA. She has presented her own research internationally and has several publications in both dance/movement therapy and somatic psychology. Dr. Tania works full-time in private practice in Manhattan.

The International Body Psychotherapy Journal **Editorial, Volume 14, Number 2, Fall 2015**

I am ambivalent about saying good-bye. After almost fifteen years editing this journal, I realized a couple of years ago that I was getting tired and ready to relinquish it and that a younger editorial staff could bring not only new energy but different skills and outlooks to its publication. It has taken some time, but the new team is ready to take over in 2016. In my mind I have been calling them the triumvirate, so I may as well introduce them that way. Asaf Rolef Ben-Shahar will take the title Editor in Chief and be joined by co-editors Debbie Cotton and Nancy Eichhorn. All three have a great deal of experience in the fields of somatic psychotherapy, writing and editing. In addition, each brings a unique set of skills and interests, the co-mingling of which will benefit the Journal and its readers. They work on different continents in different milieus. Their profiles follow.

Asaf Rolef Ben-Shahar, PhD, is a relational psychotherapist, practicing in Tivon, in Northern Israel. He has written two books, *Touching the Relational Edge and Speaking of Bodies*, both published by Karnac. He has founded body psychotherapy training programs in both the UK (*Touching the Relational Edge* at Entelia Institute) and Israel (Psychosoma) and teaches worldwide in clinical and academic settings. He is on the editorial boards of several journals including *Body, Movement and Dance in Psychotherapy and Self*. He has written extensively on body psychotherapy, relationality, politics and psychotherapy, and hypnosis. He is involved with shamanism and is particularly connected to animals. He is a novice DJ, a vegan, and has two amazing daughters, Zohar and Shuy Grace.

Nancy Eichhorn, PhD is an accredited educator with a doctorate in clinical psychology, specializing in somatic psychology. Her current projects include publishing *Somatic Psychotherapy Today*, work as a writing mentor, workshop facilitator, freelance writer, and editor. She has been on the Editorial Board for the *International Body Psychotherapy Journal*, is an Editorial Assistant for *Body, Movement and Dance in Psychotherapy*, and is a member of the EABP publications committee. Her writing resume includes over 5,000 newspaper and magazine articles, chapters in professional anthologies, including *About Relational Body Psychotherapy*, *The Body in Relationship: Self-Other-Society* and the soon to be released 2016 collection entitled in *When Hurt Remains—Relational Perspectives on Therapeutic Failure*.

Debbie Cotton MA, BHSc, ND works both as a relational body psychotherapist and as a naturopath in London, UK. In her capacity as a relational body psychotherapist, Debbie employs her knowledge of physiology, touch, movement and the mind-body connection, taking a holistic and relational stance with all of her clients. As a naturopath Debbie has both a scientific and eclectic interest in nutrition and herbs, and how they impact our mental and physical health. She frequently lectures, writes training material, clinically supervises students both in nutritional and herbal medicine and organizes CPD in relational body psychotherapy. If she isn't working, you will probably find her foraging with her little boy, or cooking up some strange concoctions in the kitchen to try on an unsuspecting victim.

In the course of the transition, I have had a chance to experience in depth the capacities of each. Debbie has been working with me on peer review for more than a year. Asaf and I have been ironing out questions both editorial and administrative for even longer than that. And, we are all familiar with Nancy Eichhorn from her role as editor of *Somatic Psychotherapy Today*. She has been a pleasure to coordinate many projects with. They bring new perspectives and an energy I have long lacked, much as I loved the Journal. And, witnessing the emails flying back

and forth as they coordinate from three different continents is enormously gratifying. They have been kind enough to copy my on their correspondence so that I can allow it to warm my heart and assure me that I am leaving my “baby” in wondrously competent hands.

I truly do feel like a parent watching a child emerge into the world and applauding each step. It reminds me of when my daughter left for university, and long before that really, when her emerging interests were different from mine and therefore fascinating. It was all I could do not to ask her to share her college syllabi and reading lists! The rows of her books on the top shelves of the library are familiar to me, but mostly things I have not read. She used to pick out a couple from each semester and assign them: “Mom, you have to read this, you would love it!” I often did. Now that she is living in Los Angeles, engaged full time in her medical residency, I can browse as I like and I have enjoyed broadening my own horizons.

I am similarly delighted by and in awe of the new editorial team. They are immediately picking up on tasks that I wanted to do for years, like tightening the submissions and peer review processes, mentoring authors more carefully, and promoting the Journal through social media that are totally beyond my ability to encompass. Asaf’s energy is prodigious and his work is deep, as you will see if you glance at his CV. The same is true of Nancy. They both span several worlds. Debbie brings the organizational and scientific perspective: a naturopath. And, she has accomplished more in the time we have been working together while simultaneously taking care of an infant than anyone I have ever known. As an editorial team, they have all the bases covered.

My constant companion and co-founder of the *IBPJ*, managing editor Jill van der Aa, will be providing needed continuity as I step out. I think what I will miss most is the constant companionship of that working relationship. Jill’s competence and flexibility and reliability have been invaluable to me, as has her unique presence and outlook. I have enjoyed the virtually daily contact, again across continents, that has characterized our working relationship and friendship.

We lead, as has been our custom, from the “right brain” with two poems, whose authors are both psychotherapists and whose work has been published in past issue of the Journal. Marcel Duclos reflects upon the non-evidence based practice of the inwardly directed psychotherapist. And Salita Bryant highlights the place where psyche and soma meet... and don’t.

The image on the cover of this issue is a photo of a part of a felt sculpture by its creator, Hilde Hendriks. As Hilde describes it, the image resulted when she placed the earth section of a felt-work piece representing the elements of earth, air, fire and water under a shower to rinse the soap away. You see the soapy water at the top. Her embodied creative process is described in an interview with our managing editor, Jill van der Aa: a consciously embodied, visceral procedure by a person working in the plastic media of felt: wool, soap and water. Encouraged by Jill in an interview, the artist articulates and illuminates her process involving dance, movement, and her bodily involvement with her materials.

In “Embodied Clinical Truths”, Terry Marks-Tarlow a seasoned relational psychotherapist and artist, reflects on assumptions she made as a fledgling psychotherapist and the embodied truths that have become apparent over her many years of practice. She begins with an incisive discussion of the neurobiology of learning and memory as the foundation for a discussion of clinical intuition. “For practitioners, after countless hours, months and years of open immersion in clinical practice, if we are lucky, then our body-based capacities will reach full maturation to flower into wisdom.” She then goes on to reflect on how each of her original

assumptions made as a fledgling clinician, now seen as disembodied presumptions, has been contradicted by the ensuing embodied truths: clinical wisdom.

In “The Return to the Self: A Self Oriented Theory of Development and Psychotherapy” Will Davis extends and elaborates conceptualization developed in an earlier article in this journal (Vol. 13 No. 1, Spring 2014, pp. 31-51) entitled “The Endo Self: A Self Model for Body-Oriented Psychotherapy?” Addressing what he feels has been an overemphasis on the role of the other in both developmental theory and in psychotherapy, he introduced readers to the “endo self”, which he defined as “a unified body/mind state with a coherent subjectivity existing a priori to contact with others... self-starting, self-organizing, and self regulating.” In the present article, Davis elaborates his original conceptualization, discussing eight principles of his self relations theory.

Continuing the research theme from our last issue devoted entirely to somatic research, Christine Caldwell and Rae Johnson introduce the rich possibilities for cross-fertilization between clinical practice and research in somatic psychotherapy by looking at parallels in both skills and conceptualization. Clinicians are encouraged to generate more of a research mind, which is not so very different from a clinical mind, and are given concrete recommendations for going about doing so.

In her courageous article, “Let’s Face the Music and Dance: Working with eroticism in relational body psychotherapy: the male client and female therapist dyad”, Danielle Tanner takes on a subject often danced around, or shoved under the nearest piece of carpeting. It is, of course, especially relevant to body psychotherapists, whether they employ touch or not. It is to her credit that she faces directly the challenges of touch, not skirting them at all. This impassioned and personal, but at the same time well-researched and referenced and deeply thought out article is an incredible gift, not just to body psychotherapists, but to the relational psychotherapy community. Danielle is taking an a refinement of the conceptualization of not only the erotic transference and countertransference but also of the whole meaning of the Oedipal complex as it has come down to us in its various permutations and is taken up in the most recent issue of *Psychoanalytic Dialogues* (Vol. 25, No. 3, 2015).

In an extended and thoughtful review of four recent relational body psychotherapy publications, (most notably, our new Editor in Chief’s *Touching the Relational Edge*) Aline LaPierre discusses the concepts and methods that underlie this important approach to body psychotherapy as it has developed over the past two decades. She points out that the relational approach in body psychotherapy has created opportunities to introduce embodied clinical applications to the broader field of psychotherapy and psychoanalysis. It has certainly been my experience over the last three decades, that beginning with the explosion of neuroscience research in the 90’s, other approaches to psychotherapy, particularly psychoanalysis, have realized that they can no longer ignore the body and are curious as to how to include it in their conceptualization and practice. In a recent interview with Serge Prengel, which will be released in September 2015 (*Somatic Perspectives on Psychotherapy*, www.somaticperspectives.com), she refers to “the intelligence of the tissues...relational intelligence and visceral knowing about intelligence” as the allies of both patient and therapist in the healing journey. In her writing, her background in painting, Continuum and Jungian psychology are exquisitely evident.

In “Held Experience: Using Mindfulness in Psychotherapy to Facilitate Deeper Psychological Repair” Shai Lavie adroitly interweaves the case of “Carla” with an exposition of the importance of helping those who come to us tolerate distressing internal experience. With a

background in Hakomi, Lavie illustrates how “deep psychological repair can be facilitated by the simultaneous engagement of relational attunement and guided mindfulness.”

Our final offering is a case history, of a Chinese woman resident in Germany. It is authored by Ulrich Sollmann and commented upon by Wentian Li. The additional commentary by a cultural native who is also a body psychotherapist adds depth to the presentation. It is an intriguingly thoughtful and detailed walk through an initial body psychotherapy interview. The author highlights the practical relevance of body experience in a transcultural perspective which is psychodynamically rooted. Sollmann’s openness is marked and would be of value in any initial interview, but is especially important in the increasingly multicultural world in which we all live, and which I certainly experience every day in New York City.

As you will see evidenced as you peruse the offerings in this issue, the Journal has come a long way from the first issue of the USABP Journal in 1991, which Robyn Burns and I put together on a prayer and a shoestring. But now, in the hands of the new team, it is poised to grow exponentially, and I look forward to watching it soar.

Jacqueline Carleton, Ph.D.
September, 2015
New York City